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'Flying' a way of reaching to God

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Nancy Huseby Bloom

Dear Nancy: I had so many flying dreams as a young girl that I actually thought I could fly. In my dreams all I had to do was hold my arms straight out to my sides, and I could take off.

My flying dreams stopped until I was about 35 years old, when I began to have them again. Since then my dream flying has evolved and become much easier. I am very agile in the air and can fly in small spaces. In my dreams, I've even begun to teach people to fly! These dreams feel very special to me and very spiritual. What do you know about flying dreams? —**Loretta**

Dear Loretta: Your flying dreams as a child may have been a continuation of your enjoyment of childhood play such as the movement of a swing or being held aloft by a trusted parent. Generally, children seem to experience more magical dreams than adults.

Flying dreams are truly one of the most exhilarating dreams a person can have. They put us in touch with the part of ourselves that is unlimited and free. We all know and use the saying, "free as a bird."

The sky is a universal symbol of consciousness, spirituality and the intellect. Like you, many people feel that their flying dreams are spiritual. You may be reaching for a closer connection with God or your own divine nature when you have these dreams.

When you fly, you are transcending your earthly concerns. Do you see life from a "higher" perspective after these dreams?

You might consider the practical side of "teaching people to fly." Perhaps your psyche is suggesting that you have a gift as a teacher, a counselor or a spiritual adviser.

These flying dreams present you with a great opportunity to explore lucid dreaming. This is one of the most sought-after skills of many religious cultures and healing shamans worldwide. A lucid dream is one in which the dreamer becomes aware that she is dreaming while she is dreaming. There are different degrees of lucidity, from a fleeting realization to a full and expansive dream in which you choose to travel anywhere you like and experience any thing you desire.

The onset of lucidity during a dream is usually accompanied by some physical sensations such as tingling, seeing extremely vivid colors, intense or ecstatic feelings, gorgeous music or intense sexual feelings.

In Rosemary Guiley's book "Dreamwork for the Soul," the author describes many reports of out-of-body travel that the dreamer experiences as flying dreams. Out-of-body travel occurs when our consciousness leaves our body, and we can travel wherever we want. She writes, "Knowledge that the consciousness can separate from the body is ancient and universal. The ancient Egyptians described a soullike essence that manifested during sleep and after death. It was often portrayed as a bird with a human head."

Philosophers and mystics of all times and places have given descriptions of these out-of-body experiences.

Robert Monroe, researcher and respected teacher, established the Monroe Institute in Faber, Va., and has taught thousands of people to experience out-of-body travel. This often involves flying dreams that occur both during sleep and meditation.

Your flying dreams are a wonderful gift, Loretta, and a great opportunity for expansion and exploration.

■ Nancy Huseby Bloom has studied dreams for 18 years. Dreams may be sent to her at Box 8739, Spokane, WA 99203, or by e-mail to dreaming@omnicast.net. Please send a short summary of the circumstances in your life and include your name, address and phone number. Bloom conducts dream groups. For information, call (509) 455-3450. She also appears on "Debra Wilde's Circle of Friends" at noon Wednesdays on KHQ-TV, Channel 6.